

Lamb & Beef Tagine

with Swiss Chard, Date Molasses & Whole Wheat Couscous

Nothing completes a warming, hearty stew like a cooling sauce of seasoned Greek yogurt. The yogurt sauce diffuses in the heat of the stew, filling the dish with rich, creamy flavor. In this tagine, a Moroccan meal traditionally served over couscous, you'll top the stew (made with Swiss chard, lamb, beef and aromatics) with a deliciously-flavored yogurt sauce prepared with olive oil and ras el hanout, a fragrant North African spice mix.

Ingredients

- 1 Pound Ground Lamb & Beef Blend
- 1 Cup Whole Wheat Couscous
- ½ Cup Greek Yogurt
- 3 Cloves Garlic
- 1 Bunch Swiss Chard
- 1 Yellow Onion
- 1 Bunch Mint
- 1 Large Bunch Cilantro

Knick Knacks

- 3 Tablespoons Beef Demi-Glace
- 2½ Tablespoons Date Molasses
- 2 Tablespoons Tomato Paste
- 1 Tablespoon Ras El Hanout
- ½ Cup Dried Currants

Makes 4 Servings

About 650 Calories Per Serving

Cooking Time: 25 to 35 minutes

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and thinly slice the garlic and onion. Remove and discard the chard stems; roughly chop the leaves. Pick the cilantro and mint leaves off the stems; discard the stems.

2



Cook the couscous:

In a medium pot, heat **1 1/4 cups of water** and a **big pinch of salt** to boiling on high. Once boiling, stir in the **couscous**. Remove from heat. Cover and let stand for 5 to 7 minutes, or until the water has been completely absorbed. Fluff the finished couscous with a fork. Transfer to a serving dish and set aside in a warm place.

3



Brown the lamb & beef:

While the couscous cooks, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **ground lamb and beef**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 4 to 6 minutes, or until browned and cooked through. Carefully drain off and discard the drippings. Transfer the browned lamb and beef to a plate, leaving any browned bits (or fond) in the pan.

4



Cook the aromatics:

Add 1 tablespoon of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **garlic, onion** and **all but a pinch of the ras el hanout**. Cook, stirring frequently, 30 seconds to 1 minute, or until lightly browned. Add the **tomato paste** and cook, stirring constantly, 1 to 2 minutes, or until fragrant and dark red.

5



Finish the tagine:

Add **2 cups of water** to the pan of aromatics. Cook, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until well combined. Stir in the **chard, currants, beef demi-glace, date molasses** and **browned lamb and beef**; season with salt and pepper. Simmer, stirring occasionally, 4 to 6 minutes, or until the liquid is slightly reduced in volume. Transfer to a serving dish.

6



Make the yogurt sauce & serve your dish:

While the tagine simmers, in a medium bowl, combine the **yogurt, remaining ras el hanout** and a drizzle of olive oil; season with salt and pepper to taste. Garnish the **cooked couscous** and **finished tagine** with the **mint** and **cilantro**. Serve with the **yogurt sauce** on the side. Enjoy!